

South Carolina Department of Health And Environmental Control WIC Program



Specifications for South Carolina WIC Food Products

Infant Cereals:

- % No added fruit or formula
- % Must contain a minimum of 45 milligrams of iron per 100 grams of dry cereal

Infant Juices:

- % No infant juices will be approved
- % Single strength adult fruit juice, frozen concentrated, or shelf-stable concentrated fruit juice must contain a minimum of 30 milligrams of vitamin C per 100 milliliters of single strength or reconstituted fruit juice

Milk:

- % Pasteurized fluid whole, fat-free, lowfat (1%), or reduced fat (2%) milk (gallons and gallons only)
- % Nonfat dry milk
- % Evaporated whole or fat-free milk
- % Cultured buttermilk
- % Lactose-free whole, lactose-free reduced fat or lactose-free fat-free milk (quarts and ½ gallons only)
- % UTH Milk (8 ounces only)
- % All milk products must be unflavored and contain 400 International Units of vitamin D and 2,000 International Units of vitamin A per fluid or reconstituted quart (.9 liter)

Cheese:

- % Block style or sliced whole, lowfat, low cholesterol, and/or low sodium cheeses
- % No added ingredients such as peppers, sesame seeds, etc.
- % No cheese from the store's deli department, no shredded, string or specialty cheeses, no cheese "spread" or cheese "product"
- % Currently approved cheeses: American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Swiss and Provolone

Cereals for Women and Children:

- % Must contain at least 28 milligrams of iron per 100 grams and not more than 6 grams of sugar per ounce of dry cereal
- % Instant or cooked cereals must be plain-flavored only

Juice:

- % Must be 100% fruit or vegetable juice (11.5/12 ounce frozen concentrate cans or 46 ounce cans/plastic containers or 11.5/12 ounce shelf-stable concentrate cans or 6 ounce cans only)**
- % No added sugars**
- % No calcium-fortified juice**
- % No organic juice**
- % Must contain a minimum of 30 milligrams of vitamin C per 100 milliliters of single strength or reconstituted frozen concentrated juice**

Eggs:

- % Grade A, medium or large size, white only**
- % No specialty eggs, organic eggs or liquid eggs**

Dry Peas or Beans:

- % No mixtures or flavoring**
- % No frozen or canned green beans, snap beans, yellow beans, wax beans or sweet peas**
- % 1 pound bag only (no boxes)**
- % If specified: 8 ounces or 16 ounces canned mature, plain: beans, peas or “baked beans”**

Peanut Butter:

- % May not contain added flavoring such as jelly or be labeled “peanut butter spread”**
- % Smooth only**
- % Reduced fat peanut allowed**

Tuna:

- % No resealable packages**
- % Water or oil-packed**
- % Chunk, grated, flakes, or solid pack**
- % Light, dark or blended**
- % No white (albacore) tuna**

Carrots:

- % 1 or 2 pound sizes only**
- % Raw, frozen or canned carrots not exceeding 2 pounds total**
- % No baby carrots**

Food items submitted for eligibility must include the following:

1. Copies of actual package flats.

2. Nutrient analysis for 100 grams of the product.

T i.e., milligrams of iron per 100 grams of cereal, milligrams of vitamin C per 100 milliliters of single strength or reconstituted juice, milligrams of sucrose and sugars per 100 grams of cereal, etc.

3. Ingredient listing descending by weight.

T Verification of 100% fruit or vegetable juice must be included.

4. All available forms of the product.

T i.e., single strength versus frozen concentrate, cold versus hot, etc.

5. Types and sizes of all package containers.

T i.e., 64 fluid ounce cardboard cartons, 32 fluid ounce plastic bottles, 20 ounce boxes of cereal, etc.

6. Average/suggested retail price for product per container size.

7. Length product has been available in the South Carolina market.

8. Store distribution list for the product in South Carolina.

T All major chains that currently sell the product must be included.

9. Product literature providing additional details.